

# Dr. Mike Roizen: 90 Is The New 40 (How To Hack Your Longevity) | E72

<https://silosolo.com/403340>

## Summary

The video discusses the benefits of childhood vaccines in preventing brain and organ dysfunction. It also emphasizes the importance of stress management and how perception plays a role in managing stress. Regularly taking flu shots is mentioned as a way to increase life expectancy. The controversy surrounding the COVID vaccine is acknowledged, but vaccines in general are recognized for their proven benefits in preventing diseases. The effects of COVID-19 vaccines may vary depending on the number of boosters received. Long COVID is a concern due to its potential long-term effects on the brain, similar to the Spanish flu.

## Silo sample questions

- What are the benefits of childhood vaccines?
- How can stress be managed?
- What is the effect of regularly taking flu shots?
- What is the controversy surrounding the COVID vaccine?
- How do COVID-19 vaccines differ based on the number of boosters received?

## Topics

Childhood vaccines

Stress management

Flu shots

COVID vaccines

Long COVID

## Key Takeaways

- Childhood vaccines have a huge benefit in preventing brain and organ dysfunction
- Managing stress is important, and perception plays a role in how stressful events affect us
- Regularly taking flu shots can increase life expectancy
- There is controversy surrounding the COVID vaccine, but vaccines in general have proven benefits in preventing diseases
- COVID-19 vaccines may have different effects depending on the number of boosters received

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